



Pain Management Procedure Instructions

These instructions are a guide to help you understand and prepare for your upcoming surgery. These instructions may not answer all of your questions. Please feel free to contact us with any concerns you may have at (405) 631-3085 - Option 3

The Day Before Surgery

- You will be notified the business day before your surgery to confirm your arrival time typically between 1pm-3pm.
- Do not drink alcohol or smoke 24 hours prior to your surgery.
- Remember to drink plenty of fluids the day before your surgery.
- No food or liquids 6 hours before your procedure. You can have WATER until 4 hours before your procedure.
- You may take approved medications with a small sip of water at least 3 hours before your procedure.

The Day of Surgery

- Leave all jewelry and valuables at home.
- Bring a case for your glasses. If you wear contact lenses, leave those at home and wear your glasses instead.
- Wear loose and comfortable clothing.
- Bring an insurance card and photo ID.
- Legal guardians and Power of Attorney paperwork MUST be provided upon admission.
- You must have someone who is 18 years of age or older as your ride home.
- If you become ill the morning of your procedure, please contact us or your physician's office as soon as possible to cancel.

Medications

- During your Pre-Admission Testing call, a nurse will review with you which medications you need to stop taking prior to your procedure. See below for GENERAL guidelines.
 - In general, the following types of medications need to be stopped at least 5 to 7 days prior to your procedure:
 - ✓ Blood Thinners (Coumadin, Plavix, Pradaxa, Xarelto etc.)*
 - ✓ Aspirin *
 - *Please reach out to the provider's office who prescribed the blood thinner or Aspirin to you for clear instructions on when to stop them.
 - Diabetic Medication Guidelines: Please ask your doctor who prescribes your medication, if you should adjust your dosage the morning of your procedure.

Visitors: Visitors are allowed but may be restricted to 2 visitors at a time in patient care areas. Additional visitors may be asked to wait in the waiting room. Visitors who are children, must be accompanied by an adult.